

Meadowbrook Pool

10515 35th Ave NE, Seattle, WA, 98125 206-684-4989

Registration begins Tuesday, March 8 at 12:00pm

- This takes you to the Active Net page where you can sign in or sign up
- Or go to the lower left and click on Activities
- In the search bar you can enter the barcode for the class you want to register for. Class and Barcodes found on Page 2.

Parents and Little Dippers—6 Months to 3 Years

Parent and child in the water working on beginning water adjustment skills and appropriate water safety. Songs, water games and plenty of playtime included. **Instructor leads from the deck for COVID safety or in the water but no-contact. Parent or other responsible adult in the water provides safety and support for child.**

Parents and Big Dippers 3 to 6 years

For non-swimmers using parent or responsible adult to assist child in the water. Basic water skills are taught with the help of adults for safety and support. **Instructor leads from the deck or in water with no-contact. A responsible adult is in the water for child's safety and assistance.**

Beginning Swimmer Ages 6-16

Our specially developed group swimming lessons allow for easy registration and lets us assess placement of students on the first day. These group lessons range from introductory skills like floating and kicking and progress all the way to swimming crawl stroke and practice in deeper water.

Fully vaccinated instructor may work with children from the deck and in the water wearing a face shield and hands free when needed.

Advanced Swimmer Ages 6-16

Group instruction for youth who already know how to do crawl stroke and are ready to learn more. Important necessary skills: comfortable in deep water and able to swim 15 yards without stopping; demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room. New Strokes: Elementary Backstroke, Breaststroke and Butterfly plus continued practice in Front Crawl Stroke and Backstroke.

Increasing Endurance and Proficiency: Increased distances and refinement of previous strokes along with sidestroke taught. Proficiency, Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.

Fully vaccinated instructor may work with children from the deck and in the water wearing a face shield and hands free when needed.

	Times			Dates		classes	Price	Bar Code
	Day	Start	End	Start	End			
Parent and Little Dipper (6months- 3 Years)	Wed	10:00 AM	10:30 AM	April. 20	June. 15	9	\$72.00	47540
Parent and Big Dipper (3 - 6 Years)	Wed	3:30 PM	4:00 PM	April. 20	June. 15	9	\$72.00	47535
	Sat	11:30 AM	12:00 PM	April. 23	June. 18	9	\$72.00	47538
Beginning Swimmer (6- 16 Years)	Mon*	5:15 PM	5:45 PM	April. 18	June. 13	8	\$64.00	47543
	Tues	5:30 PM	6:00 PM	April. 19	June. 14	9	\$72.00	47544
	Wed	5:15 PM	5:45 PM	April. 20	June. 15	9	\$72.00	47613
	Thurs	5:30 PM	6:00 PM	April. 21	June. 16	9	\$72.00	47545
	Sat	2:00 PM	2:30 PM	April. 23	June. 18	9	\$72.00	47614
Advanced Swimmer (6- 16 Years)	Wed	3:30 PM	4:00 PM	April. 20	June. 15	9	\$72.00	47546
	Sat	11:30 AM	12:00 PM	April. 23	June. 18	9	\$72.00	47547

SPRING 2022 COVID OPERATIONS

MODIFIED PROGRAMS: We are working to allow as much pool use as possible and still minimize face to face contact between individuals.

REDUCED CAPACITIES: We are limiting capacities to minimize crowding in enclosed spaces and to allow for safe operations based on staffing levels. For lesson spectators, we must limit the pool deck and lobby to those participating in the lesson. Spectators must wait outside of the building during the lesson time.

MINIMIZE EXPOSURE: We ask that swimmers limit their locker room and shower use to five minutes or less. Consider changing and showering at home.

CONTACT TRACING: We are asking that admissions be tied to a PARKS account for contact tracing through use of a Swim Card, tying your cash/credit admission sale to your account, or tracing form at the cashier desk.

MASKS REQUIRED: Participants are required to wear a mask at all times except while in the shower or swimming.

PROOF OF VACCINATION OR A NEGATIVE TEST RESULT W/IN 72 HOURS REQUIRED FOR ANYONE OVER 12 YEARS OLD.

LIMITED AMENITIES: The SAUNA will remain closed until mask and social distancing recommendations allow for full use.

All programs and expectations are subject to change.